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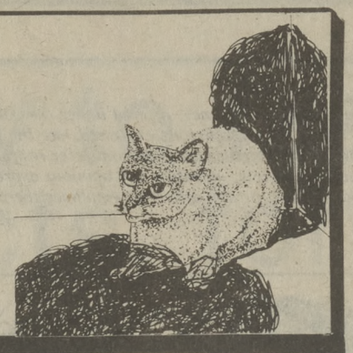
Animal agony



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Helping hands

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Wilson's ways

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Vol. 36 No. 9
Los Angeles Valley College

Valley Star

Thursday, October 25, 1984
Van Nuys, California

Source of friction

Center lacks faculty support

By MARY CRONIN, Editor-in-Chief

The new faculty support center is off to a rocky start, but administrators are still optimistic about its ability to relieve faculty members of burdensome clerical chores.

The center, set up earlier this semester by the L.A. Community College District as a pilot program to alleviate clerical problems for instructors, has been a source of irritation for some faculty who feel that the $40,000 used to set up the center would have better been spent on student worker hours.

Responses to a questionnaire distributed by the *Star* earlier this month to full-time faculty members were mostly negative toward the center and pinpointed specific problems which the administration said it hopes to resolve.

The most pressing problem concerning the center at this point is the length of time needed to process faculty requests.

A response time of 10 to 14 days is not unusual, according to those who have tried to use the center, and faculty members complain that it is "too slow to be useful."

Almost every one of the 35 respondents were unhappy about the time needed by the center to process requests. "Two weeks turnaround time for a test is too long," wrote one instructor.

"I give a test about every two weeks, so a lead time of 2½ to 3 weeks means I must have a test made up prior to giving the previous test," wrote another. One person wrote, "Three weeks to complete typing projects. I can't wait that long."

Mary Ann Breckell, vice president of administration and the person responsible for setting up the center, admitted that the long turnaround time has been a problem, but is convinced that it can be alleviated.

"We just hired one more person for the center, and we will hire another person," she said. "And when they're trained, the center should be able to respond in a timely fashion, which they're not doing right now. They're doing the best they can, and as they become more familiar with the equipment, the response time will slowly get better."

Breckell said that the center should have started operating in July so there would have been time "to get the kinks out of the system."

She said that the center's personnel were still being trained on the equipment when they were "inundated with requests, so the response time was slow."

Roseanne Erhardt, chairman of the office administration department and one of the people involved with setting up the center, agreed.

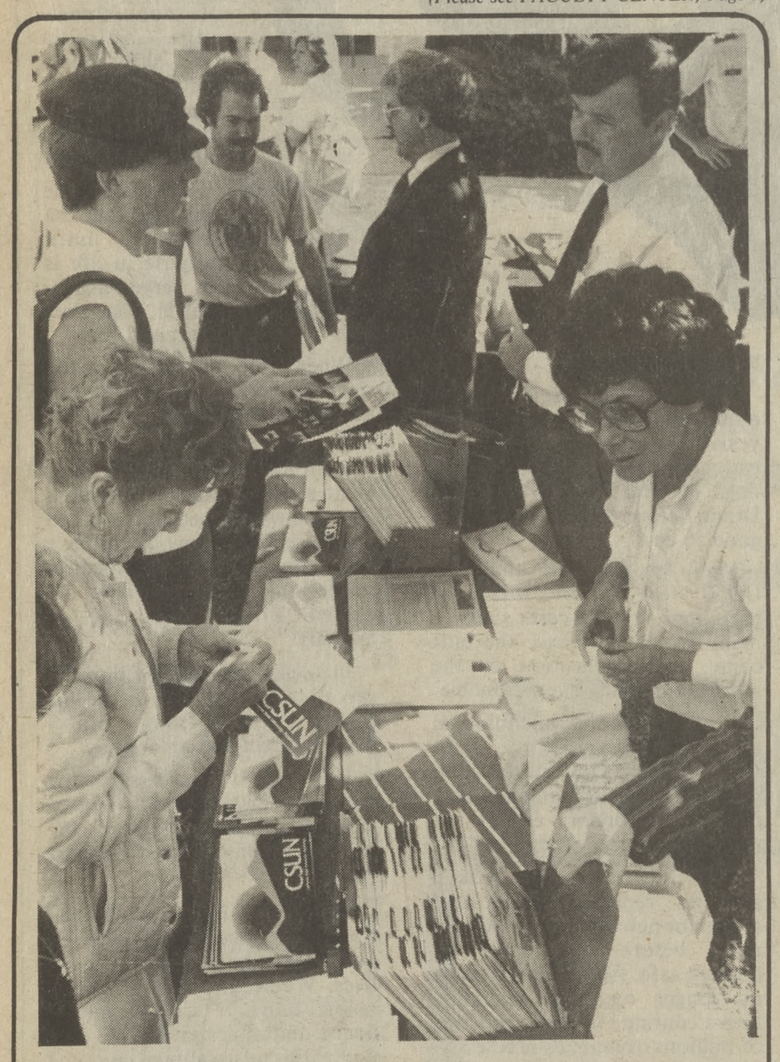
"There are always problems in the beginning setting up centers of this sort. I know, however, that this center can work. They've just got to get the bugs out, and it takes a little while," she said.

Another complaint about the center was that it is unable to process specialized work, such as chemistry equations and foreign language tests.

Breckell was somewhat surprised by the complaint. "Neither chairman has come to me to talk about the inability of the center to do that kind of work. I don't know if the equipment has the ability to get into that kind of work with the proper software—maybe it does."

And, according to Breckell, the assumption that hand-written work cannot be precessed is incorrect. She explained that the center is processing hand-written work, and if there are words that are illegible, the center personnel returns the original with the processed work with blanks

(Please see FACULTY CENTER, Page 3)



COME TO CSUN—Representatives from Cal State University, Northridge, inform prospective transfer students about their campus. They were here as part of a college recruitment drive held Monday in Monarch Square. Other colleges also participated.

DENISE MORGAN / Valley Star

REMEMBERING BEIRUT—Steve Hutchins, president of the Young Americans for Freedom Club, pays homage to the 241 Marines killed in the truck bombing of the U.S. Marine headquarters in Beirut, Lebanon. The one-year anniversary was marked by 241 flags planted in Monarch Square Tuesday.

Jewish Awareness Week starts Monday

By DORENE ROBINS, Staff Writer

City Councilwoman Joy Picus and U.S. Congressman Howard Berman will be among next week's guest speakers on campus during Jewish Awareness Week.

The event, sponsored by the Associated Student Union (ASU), will include lectures, food, and entertainment.

Jewish Awareness Week is designed to help students with different cultural and ethnic backgrounds appreciate one another, according to Rabbi Jerry Goldstein, Hillel rabbi at Valley since 1974.

The week's events were "consciously directed to encourage understanding of and participation in significant election issues of 1984 and to show that Jews care very much about democracy," he said.

Renee Stein, ASU commissioner of Jewish Studies, who helped plan and coordinate the event, said, "The programs are designed to explore many facets of the most controversial campaign issues."

She said she welcomes participation by all students and encouraged teachers to bring their classes to the lectures.

Joy Picus, serving her second term as city councilwoman in the 3rd District and active in the League of Women Voters, will give the keynote address Monday, Oct. 29 at 10 a.m. in Monarch Hall. She will speak on the inter-ethnic issue in L.A. and its effect on the campaign.

Congressman Howard Berman will address significant campaign issues from a Jewish representative's viewpoint next Friday at noon in Monarch Hall.

Other prominent speakers scheduled include Marvin Schacter, noted proponent of a nuclear freeze, who will address that issue next Wednesday at 9 a.m. on Monarch Hall, followed by Rabbi Allen Freehling, president of the Religious Coalition for Abortion Rights at 10 a.m. Goldstein will discuss prayer in school the same day at 11 a.m.

On Tuesday, Dr. Donald Matzkin will lecture on "Why Israel is Good for America," at 9:30 in Monarch Hall, and on Thursday, Sandra Mandell will discuss women's issues at the same time and place.

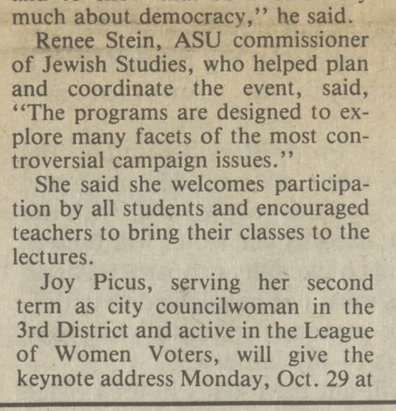
Festivities include an Israel Fair in Monarch Square on Monday, a Jewish food festival in the same place on Wednesday, and film showings on Tuesday and Thursday.

Two dances are also scheduled for this Saturday and Sunday.

The festivities will conclude on Nov. 3 when Jewish students will parade with their first Homecoming float at the Homecoming game.

Managing stress: key to faculty survival

By KEN McCALL, Special Assignments Editor



BURN OUT

According to Lou Albert, burnout can kill.

"We've got some very real problems among the employees on our campus, and people will die," said Albert, associate professor of health education at Valley. "There will be related disorders. We know the correlation between stress and disabilities like stroke and heart disease—we know it's there."

According to Christina Maslach, one of the field's leading authorities, the chronic, emotional, job-related stress that causes burnout may not always be fatal, but can lead to many physical and psychological problems including insomnia, ulcers, hypertension, heart disease, alcoholism, drug abuse, depression, suicide, suspicion and paranoia, feelings of omnipotence, and marriage and family problems of all kinds.

Albert, who has researched stress management and presented seminars on the subject, said that he and many of his colleagues at Valley are more willing to talk about burnout because, with the deteriorating working conditions caused by budget cutbacks, they are increasingly able to see the process at work and are becoming increasingly worried about it.

"It's slowly eating away at people," Albert said. "And if they don't retire early, it's going to change some personalities. It already has."

Albert said he has repeatedly urged district administrators to take a realistic look at the problem by comparing workmen's compensation claims, health insurance claims, and sick days taken in the last 10 years to see what kind of changes have taken place, but that "nobody is responding."

In some ways, he said, the district administration is behaving like an alcoholic.

"Denial of reality is one of the common mechanisms substance abusers use if they don't want to deal with a problem."

Indeed, there is no organized program in the district to help teachers with burnout. In fact, District Vice Chancellor of Personnel Services Virginia Mulrooney, has said that burnout "isn't a problem in this district."

An employee assistance program is in the negotiating stages between the district and the American Federation of Teachers (AFT), but Dan Means, director of staff relations, said it isn't being designed to help people who are "reaching that burnout phase."

What's more, many faculty don't see a support group or a therapy program as being helpful, either.

"There's no such thing as therapy that's going to help you," said Pat Allen, sociology department chair and AFT grievance representative at Valley. "I'm coming back to this office every day and the shit is coming down every day. I don't care if you support me, the shit is still there."

Albert believes that teachers cannot afford to wait for the labor-management struggle to come up with solutions and must build their own "survival programs" now.

"You've only got so many choices," he said. "Either you let it (stress) work on you and erode away at your existence, your wellness, or you recognize your own levels and limits, find the stressors and work with them."

Researchers in the field seem to support him.

Maslach, in her book *Burnout—The Cost of Caring*, says "Many of the strategies for coping with burnout are, in fact, strategies for personal power. They are ways in which the individual exerts some active control in a situation, rather than just passively acquiescing to it. The person changes the work routine, redefines goals, utilizes downshifts, takes breaks, seeks out positive feedback, engages in decompression activities, and so forth."

Echoing Maslach, Albert has a list of suggestions for his colleagues, from changing driving schedules to miss stressful peak traffic periods (he arrives at his office at 6:30 a.m.) to taking less work home so that time off is just that.

He suggests that teachers take another look at their courses and try to make them less demanding by restructuring examinations and scoring mechanisms. Although he thinks essay tests are an important method of evaluating students, and he still uses them, Albert has redesigned his exams to make them easier to grade.

He also recommends decorating the office.

"If you're going to spend a lot of hours in an office, why don't you hang a nice picture on the wall so you can look at it and drift off a little while, or put a radio in there so you can listen to something that will give you an escape."

Then, of course, teachers can really escape.

Those faculty members who can afford to live on half pay and who are brave enough to gamble that their programs and/or positions will still be there when they return can take a year off after seven years of full-time teaching.

Although she has never been able to afford a sabbatical, Allen said she compensates by refusing to teach summer session.

(Please see BURNOUT, Page 3)

STAR EDITORIALS

Counselors need guidance

One of the ways in which organizations stay successful is to pay close attention to clues —those small but important hints which indicate that problems exist.

California's community colleges got one *big* clue last week.

The Board of Regents of the state's University of California system asked for $1 million in their 1985-86 budget to counsel community college students and prepare them to enter the UC system.

The natural question at this point is why are the administrators of the UC system so willing to make such an investment when every community college has its *own* counseling staff?

And the obvious and painful answer is that counseling is one area sorely inadequate in the community colleges. Despite recent attempts to upgrade those departments, they remain unequal to the task of helping students reach their academic goals.

A student would be hard-pressed to finish two years of school here without hearing at least one horror story about the counseling department—a semester wasted taking courses that would not transfer or hours spent discussing course possibilities with someone who seemingly knows no more than the student.

To be fair, it should be noted that the counseling departments are no longer dumping grounds for instructors, notably P.E. instructors, who had nowhere else to go when their classes were cancelled.

In the past, counselors could be called "instructional assistants" and were not required to be trained in counseling. However, training is now needed to work in this department.

While these changes have somewhat improved the quality of our counseling capacity, they are nowhere near enough.

Community college counselors should be able to guide students knowledgeably and efficiently toward their higher education goals. This means quick, clear answers and a grasp of each college's requirements.

Further training is urgently needed.

It is important that we perceive the action of the Regents regarding community college counseling for what it is—a sign that hopefully will warn community college administrators to take a long, hard look at a crucial weak link in our educational system.

The college newspaper is published as a learning experience, offered under the college journalism instructional program. The editorial and advertising materials published herein, including any opinions expressed, are the responsibility of the student newspaper staff. Under appropriate state and federal court decisions these materials are free from prior restraint by virtue of the First Amendment to the United States Constitution. Accordingly, materials published herein, including any opinions expressed, should not be interpreted as the position of the Los Angeles Community College District, the College, or any officer or employee thereof.

Based on characters from Don Bluth Studios.

New blow to education

Proposition 36 is an attempt by Howard Jarvis to line the pockets of wealthy long-time property owners at the expense of new homeowners and businesses, as well as taxpayers in general.

Education will be another victim of this bill.

The only "aid" that this proposal is offering is to owners of properties held prior to 1978. These people are already paying the lowest amount of taxes. To lower their taxes any further would be detrimental to other taxpayers.

Prop. 36 does nothing to help those who may, justifiably, have a right to say that they are overtaxed.

They may even have to face a tax increase.

Students should be aware of the devastating effects this initiative will have on education in California.

Should it pass, Prop. 36 would harm the state's already-crippled community college system by reducing its revenue from existing sources by an estimated $1.7 billion annually.

And while the colleges are still staggering under that blow, they would be required to refund $73 million as their share of the kickbacks given to wealthy property owners.

Secondary and elementary education would also suffer the effects. Prop. 36 would cost the state-funded public schools over $500 million.

To twist the knife even more, these cuts would come at a time when the education system in this state is trying to recover from Prop. 13, another Jarvis bill that kicked off the recent statewide budget and tuition crisis. Clearly, Mr. Jarvis is not a friend to education.

Besides education, there are other areas of the proposal which point out its one-sidedness.

No benefits are proposed for new homeowners, who may, in fact, have to face a tax increase to offset the losses incurred by the state.

No benefits are included for new businesses, and the benefits gained by big businesses will lead to a halting in the growth of new businesses.

The passage of Prop. 36 will result in the deterioration of many state-funded programs that benefit ALL of the people, and, with the money formerly used by the state, will bolster the bank accounts of wealthy property owners.

These citizens must not be allowed to undermine the state's economic strength while they reap the benefits of the initiative.

A NO vote will put them back in their place and allow our already beleagered education system to get back on its feet.

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—Letters to the Star—

Trustee vote

Editor:

In response to your editorial "No vote, no validity" (*Valley Star,* October 11, 1984) I do agree with your assertion that the student member of the board of trustees should have a voice equal to that of others on the board, but your point that the process should be abandoned due to low participation is off the mark.

You state that because the position does not hold much authority, quality candidates do not participate.

But what is a "quality" candidate? Who should make such a determination as to whether a candidate is quality material? Ultimately, the voters, but a number of political pundits and the press seem to have appointed themselves to do so.

As to our current LAVC nominee, G. C. Broderson, while I agree his campaigning methods were somewhat offbeat, his message of "I love you" (for which he is taking much undeserved criticism) is a welcome change in a political world where there sometimes appears to be no love, and the headlines scream of embassy bombings, mined harbors, and financial fraud and corruption running rampant through the most sacred parts of the government.

Regarding Mr. Broderson's qualifications, while his student government experience has been limited to serving the past year on the ASU Executive Council (which I might add is the exact amount of time ASU President Shawn Ulibarri and Broderson's Trustee race rival, Robin De Ley, have been serving on the council and one semester more than current Vice President Frank Tullo and Treasurer Dorothy Kaplan have been serving) what necessarily makes extensive LAVC student government experience a prerequisite for running?

Additionally, I find it necessary to mention that Broderson was an extremely successful business entrepeneur long before many of you on the *Valley Star* staff were born!

As to the issue of a vote for the student trustee, yes, it is neccessary. Trustee Hal Garvin, who stated such in a 1983 appearance at LAVC, is one of the few supporters of such a concept on the Board of Trustees.

The student trustee, however, will not have a vote until the students can convince the board to give it such.

Another problem is the faculty unions, which generally oppose a student board vote, and who have more resources than the students in electing members to the board. One former union official, Virginia Mulrooney, once told the *Valley Star* she was opposed to the position entirely!

While all these factors add up to one problem, the main fault lies in the student apathy. As long as students don't care about the system, the system won't work for them. It's up to you to make a difference!

Mike Higby
ASU Commissioner
of Campus Improvements

Animal Research

Science's silent victims

By DENISE MORGAN, Gallery Editor

Not far from here—maybe as you read this—a rabbit is struggling to escape from a restraining device, called a stock, which has just been clamped down around its neck. Its attempts at freedom are futile. This rabbit is about to become another victim of scientific slaughter.

If we take a close look at the animal, we see that one of its eyes is ulcerated. It is a badly inflamed, open, running sore. After some hours, the sore may grow larger, until barely half the eye is visible. In a few days, the eye may become permanently blinded, if not literally burned out of its socket.

This rabbit is a laboratory research subject in a test known as the Draize test. The test is an ocular toxicity test used to determine the eye-irritancy of substances such as those used in cosmetics and toiletries—for humans.

After dropping a concentrated substance into one eye of a rabbit, the other eye is left unexposed as a form of control. Reactions such as swelling, redness, destruction of the iris or cornea, or loss of vision, are measured against the "control eye." The eye-irritancy of the substance is thus scientifically established.

Rabbits are the valued choice for these tests because their eyes don't have tear ducts, making them unable to dilute or flush irritants from their eyes.

This gruesome account is not isolated. At least 70 million animals die every year in the name of scientific experimentation. The Draize test is only one of the atrocities inflicted upon them in the name of science.

Why must unanesthetized rabbits endure a slow, burning destruction of their eyes? So that a researcher might determine the eye-irritancy of mouthwashes, talcs, colognes, and other cosmetic items. Many rabbits undergo intense pain in order to validate suspicions that bleaches and other products should not make eye contact.

Another of these tests is called the LD (lethal dose) 50 test. Originally intended as an index of drug toxicity, it is now used for any substance—food additive, drug, household product, or industrial chemical—to which humans may be widely or heavily exposed.

This cruelty is not limited to rabbits.

In the LD50 test, many different types of animals fall victim to research. A population of 50 to 200 animals at a time are forcefed a product ranging from floor wax to oven cleaner until 50 percent of the test group have died.

Different test groups are fed different amounts of the product to establish an objective scale of the product's toxicity.

This test claims the lives of an estimated 5 million animals a year. It is a crude test, whose only end point is death. How many dogs do you have to kill with Drano before you can say it's not good to eat?

Many people feel that the LD50 test is of marginal usefulness in most cases since so many factors influence the outcome, and application of the results to humans is questionable.

With substances of minimal toxicity, test groups have to be fed so much of the substance to get results that the animals may die from secondary effects not related to toxicity.

Until July of this year, federal agencies required LD50 test scores for new and improved products before they could be deemed safe. Although the test is no longer required, manufacturers continue to waste the lives of millions of animals needlessly.

This appalling situation is due largely to the assumption on the part of the manufacturers that these tests are still required. There is also an underlying profit motive, of course. The financial costs of implementing alternative, more humane testing methods such as computer-generated toxicity models and in vitro tests (i.e., tissue and cell cultures) far exceed those of animal testing.

But what about the ethical costs? What about the untold suffering these animals endure for our supposed benefit?

Some would argue that the animals can't feel anything, or that they don't feel it in the same way in which humans do.

There is no valid reason to assume this. The basic nervous system controlling pain is identical in all mammals.

Objective awareness can reduce one's immediate fear or pain. To the best of our knowledge, animals lack this objectivity, making it likely that they may suffer even *more* than people.

There are some who feel that the animals' main purpose in life is to serve man—that is what they are raised for.

When were humans given the right to decide whether or not non-humans should suffer or die?

I am not suggesting that there be no research done on animals at all—that would be a very limited and unrealistic view. There have been great strides in medical science that might not have occurred without the use of animals.

In some cases, it is the only way to test a new drug or vaccine which could save many lives—human and animal.

However, it is necessary that the extra costs incurred by more humane testing methods be weighed against the suffering of the animals.

There needs to be a heightened awareness on our part to these abuses and the needless waste of lives. We need to take a look at animal usage in terms of values, goals, and alternatives. We cannot let this mistreatment continue with our blind faith.

Club Day to feature food, facts, fortunes

By EUGENE HERNANDEZ, Assoc. News Editor

What do a kissing booth, a fortune teller, and a Ronald Reagan impressionist have in common? They will all be featured today from 11 a.m. to 1 p.m. at Club Day.

However, the ASU-sponsored event in Monarch Square won't all be fun and games. Some serious political discussions and information packets will be available for students.

For example, the Young Americans for Freedom Club (YAF) will be promoting an educational theme, foregoing the traditional Halloween theme favored by most of the clubs.

"Our theme will be Grenada Day," said Steve Hutchins, president of YAF. "We want to celebrate the one year anniversary of the liberation of Grenada."

John Gilfillan, ASU commissioner of evening division and a member of YAF, said that the club is trying to show that they are not "warmongers."

"We just want to provide a conservative viewpoint," he said. "We also want to educate the students and inform them about political situations around the world."

The College Democrats Club will also be presenting activities. Mike Higby, ASU commissioner of campus improvements and the president of the club, said that their keynote speaker will be Assemblyman Tom Bane, from the 40th district of Van Nuys. He will be on hand for an informal question and answer period from 11 to noon at the Democrats Club table. The club will also have an impressionist performing political satire.

Rita Reynolds, president of the Broadcasting Club, said she looked forward to "some fun activities."

"We will be selling T-shirts for $6.50 along with chili, corn bread and crackers. Soft drinks will be sold along with cakes for those who have a sweet tooth," she said.

The biggest moneymaker, will probably be the Kissing Booth, said Reynolds. "Basically we want people to come on out and have a good time."

Stu Schofield, president of the Gay and Lesbian Student Union, said that the club will be offering a free VD test at their table.

Tau Alpha Epslion, the scholastic honor society, will be putting on a mini carnival.

"There will be a fortune teller, carnival games and homemade candy apples with honest-to-goodness caramel," said Dorothy Kaplan, treasurer of the club. "We will also be dressed in costume for the Halloween theme," she added.

Dirk Starksen, president of the Campus Christian Fellowship Club, said he wants people to come on out and check out his club.

"We will be passing out 'Satan Buster' buttons, along with free hot dogs and punch," he said. "We want to celebrate the fact that Jesus defeated the dark forces of Satan."

M.E.C.H.A., the Mexican-American club, wants to help raise funds to help the needy.

"We are going to be selling burritos, rice, beans and salsa," said Frank Nunez, president.

"The Child Development Center has informed us of some needy families and we will try to help them out."

As Frank Tullo, vice-president of the ASU Executive Council, said, "It should be one of the best Club Days in a long time. It will be magnificent."

DENISE MORGAN / Valley Star

SUPPORT TALK—Richard Holdredge (left) discusses Support Center capabilities with Roseanne Erhardt, Ed Stoecker, and Mary Ann Breckell at a recent seminar.

Support Center takes heat from faculty

Continued from page 1

where the center could not decipher words.

That way, she said, the missing words can be quickly inserted and the work finished in a timely manner.

A major problem in just about every department on campus is the cutback in student worker funds.

And, given a choice, most personnel would rather have student workers help than the faculty support center.

One faculty member wrote, "The message center is a good idea. In fact, the center is a good idea, but not as a replacement for departmental student secretaries. I would much prefer a student secretary, no matter how few hours a week."

"It is true the college needs more money for student workers, and more money for typewriters and other equipment," said Breckell. "But the district still has financial problems, and this was an attempt to help the faculty with repetitive clerical work."

Breckell insisted that she was unaware of any unhappiness regarding the center on the part of the faculty.

"I don't know what they're unhappy about, because they haven't come to me. No one has come in and complained to me."

Nonetheless, she received minimal response on the faculty's part when she announced the formation of workshops on how to use the center.

And while only a few instructors showed up for the workshops, Breckell said that she did not think that was an indicator of indifference on the part of the faculty. "I don't think there's a lack of interest," she said.

Perspective

Communicator broadcasts views

By DAVID FROST, Assoc. Opinion Editor

Communication is a vital part of all governing processes, and the ability to convey a message with clarity and precision is an asset to any leader.

Ray Wilson, Valley professor of speech and broadcasting, has dedicated his career to communicating. His strong background in communication has aided him in his duties as chairman of Valley's faculty senate, as well district senate representative.

He has simply been able to apply what he has learned as a broadcast journalist to his new profession: how to get the message across.

From 1949 to 1976, Wilson was a radio broadcaster, getting the message across to radio listeners in places such as Vienna, Austria, New York City, and Los Angeles.

His most memorable moment, he said, occurred in 1959 when, working for NBC in New York, he witnessed the meeting of former Soviet Premier Nikita Kruschev and Cuba's Fidel Castro at the Theresa Hotel in Harlem.

"I was the only one there from the media," Wilson recalled with a laugh. "I beat the wire services by 20 minutes."

In 1976, Wilson was able to bring his years of broadcasting experience to his first teaching assignment at Valley College.

In addition to his full load of teaching, he also manages to find time to fulfill his faculty leadership obligations, a task which he admits is not always easy.

"I find that it is easier to get things done because I can do them directly," said Wilson. "However, in having both positions there is much more to do, and I can get bogged down."

It is surprising to note that Wilson has voluntarily tackled both responsibilities after undergoing quadruple bypass surgery last December. Usually, after such an ordeal, stress is avoided like the plague.

DENISE MORGAN / Valley Star

"I suspect that it (the heart problem) began with the stress of broadcasting," he said, and then added with a laugh, "I doubt very much that it was helped by the stress of teaching."

Regardless of the stress, Wilson said that he had no difficulties in resuming work by February.

"I was very fortunate among people who have this kind of a problem in that I did not have a heart attack. I knew it (the surgery) was coming, and so I prepared for it."

Wilson admits that he has had some good days and some bad days in his recovery. He is grateful for all the people who have helped him in his duties, but he said, "There are certain times when you simply have to put work off until you feel like doing it."

A firm believer in the importance of faculty senates, Wilson stressed that they are a conduit for new ideas and innovations. Great progress and improvements, he said, can be made in the quality of education through these meetings.

The purpose of the faculty and district senate meetings, held weekly and monthly, respectively, is to draft proposals on curricular and policy matters. The campus proposals are sent to the college president, and the district senate proposals are sent to the L.A. Community College Board of Trustees.

According to Wilson, the president or the board has every right to reject the proposals, since they are only recommendations and are not binding. Rejections are not likely, however, without a "pretty good reason."

"Most of the time there are negotiations that go on, formally and informally," he said, "and we end up with a plan that is acceptable to both sides."

In this way, said Wilson, the senates have made their greatest achievements. He believes that they have significantly lessened the confrontations between the administration and the faculty.

As the chairman of the faculty senate, Wilson has had to use his skills as a broadcaster to keep the discussions orderly and deliver speeches.

Viewing his communication skills as important in this respect, Wilson says that the similarities that exist between broadcasting and the role of a leader have made his job easier.

Burnout

Changing little things can help teachers handle stress

Continued from page 1

"That time is sacrosanct to me," she said. "It means I starve to death, but I take that time off—and it keeps me sane."

Edwin Young, Valley's vice president of academic affairs, agreed with Albert and Maslach that teachers need to be "constructively active by focusing on things they can do something about," but he urged faculty to keep things in perspective.

"This is only one point in time out of a large period of time," the administrator said, "so, while something may be happening now, that doesn't mean it's going to continue." He added that faculty should remember that "we're still aiming for the same purpose—putting on good educational programs the best we can and meeting the student's needs."

Young also thinks that teachers who are feeling burned out can look to their colleagues for help.

"It sometimes helps take them out of themselves to look at somebody else, see a success model, pick up an idea and try it," he said.

But Allen said that like the intellectual atmosphere they work in, her colleagues are becoming less stimulating because "there are no young turks coming in and causing excitement and problems and turmoil and all those pleasant and unpleasant things."

"There has been almost no hiring in the last seven to eight years," she said, "And as a result, we're all growing old together. The youngsters in our department are 42 years old."

As far as Ray Wilson is concerned, it is when teachers stop creating new material for their students that they should begin to worry about burnout. Wilson, who is president of the faculty senate and a professor of radio broadcasting at Valley, prescribed several antidotes.

"You can go back and take some teaching methods courses because they're always coming up with new ways to explain," he said. "Or you can do more research in your field that tends to inspire.

"But, I think the best thing of all is to seek sustenance from the students. As we do this over and over again, we tend not to notice how much the students are getting out of the class. When you focus on what the student is learning, what he can do as a result of the class, it makes you feel so darn good, that you get inspired."

Summing up her findings, Maslach states in *Burnout:* "If all the knowledge and advice about how to beat burnout could be summed up in one word, that word would be balance. Balance between giving and getting, balance between stress and calm, balance between work and home—these stand in clear contrast to the overload, understaffing, overcommitment and other inbalances of burnout.

According to Maslach, Albert, and many other professionals in the field, the first steps in preventing burnout are recognizing the problem and designing a support system to fight it.

It seems clear that the faculty and staff of Valley College are going to be responsible for the building and maintenance of their own support systems for some time to come.

Next week: Burnout in the classroom; what the student can do.

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EOPS explored

Reaching out to aid others

By STEPHANIE HAIN, Assoc. News Editor

Do you have or belong to a family of four who's living on a limited income? Are you an American citizen or perhaps a resident immigrant intending on becoming a permanent resident? Well, if you are, there's a special service called Extended Opportunity Programs and Services (EOPS).

It was created to help students who are disadvantaged by economics, culture, and language.

It also helps residents of the trust territories of the Pacific Islands and Vietnam or Cambodian refugees who have an I-94 form. A person also has to have a high school diploma, or the equivalent to that. Or, the person has to be 18 years of age or older.

> ". . . EOPS provides an educational program for those students who have limited time to pursue their education."

EOPS is funded jointly by the State of California and the community college district. It grew out of Senate Bill 164, which was an urgency measure passed in 1969 to increase the representation of disadvantaged groups, like those handicapped by a language, in addition to social and economic problems.

Specifically, an EOPS student has to have a family income of $12,000 a year or less for a family of four. The student also has to be enrolled in 12 units or more at Valley.

John Gipson, director of EOPS at Valley, said that the program is not limited to people of other ethnic groups, but is open to anyone who qualifies.

"The primary determinant is economics," said Gipson. "We feel that along with economics go all other things."

Culture is one of those things. Gipson said that EOPS tries to make immigrants feel comfortable, "that they're one of us," so they won't feel left out.

EOPS also provides certain services for students.

A few are financial aid and/or work study, academic and career counseling (which includes goal definition, career guidance, and class selection), special workshops for choosing a career or transferring to a U.C. or Cal State University, personal counseling for those who may have low self-esteem or the inability to adjust to a new environment, and work or family problems.

There are also resources that are helpful for EOPS students. The student can go to the career center to learn more about jobs he may be interested in or get ideas about new kinds of jobs.

The learning center provides free tutoring in all college subjects, in addition to improving study and test-taking skills.

The Child Development Center provides care for children aged two-and-a-half to five years and the student is charged according to how much financial aid assistance he receives.

In order for an EOPS student to receive financial aid, he first has to fill out a financial aid form and then pick up a Student Data form from the EOPS office. They offer assistance if the student needs help in filling out the form.

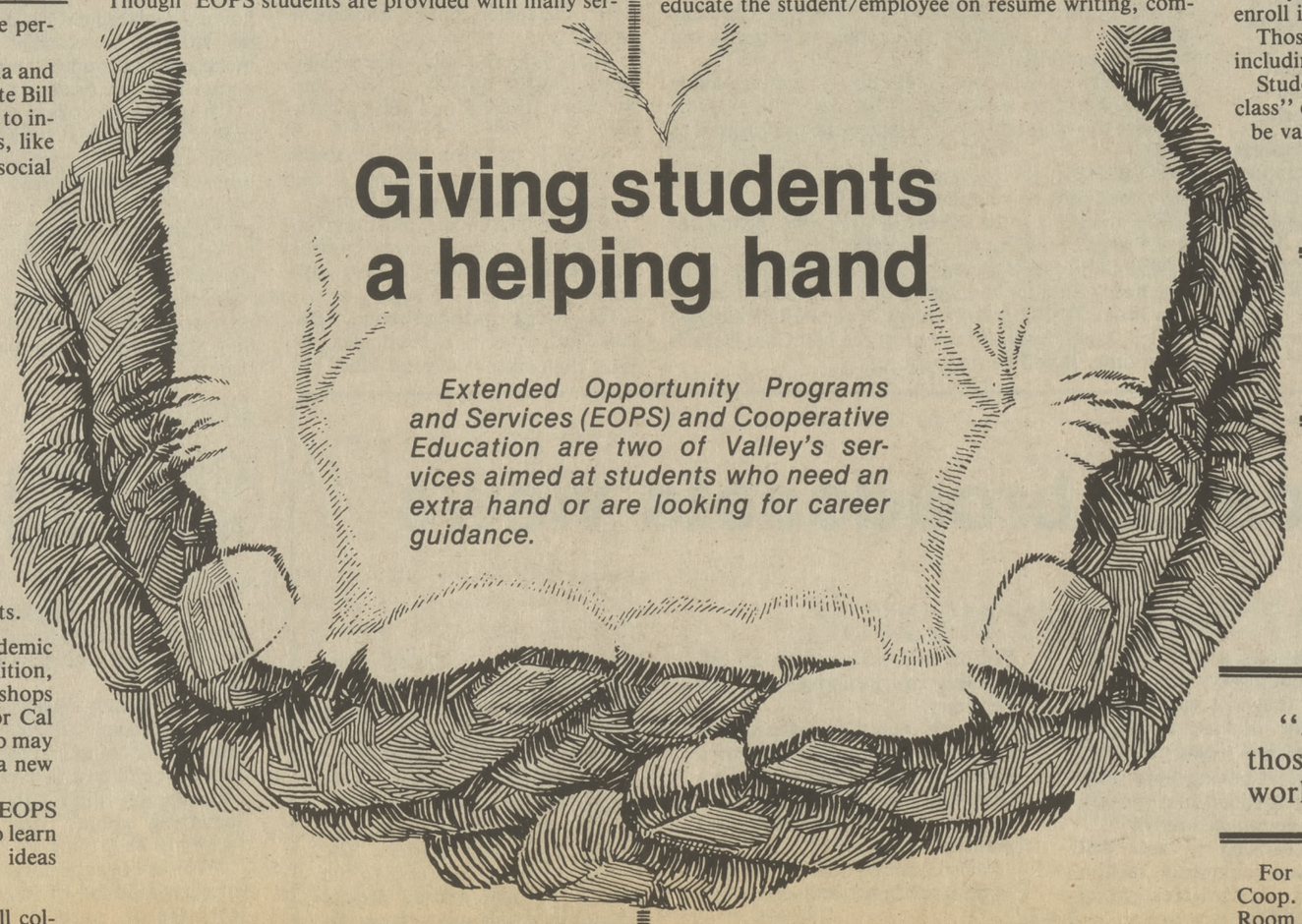
Gipson emphasized that a student needs to be enrolled in 12 units to receive financial assistance and if he drops a class during the semester he "will not receive full financial assistance but will still remain an EOPS student. That person must have been enrolled as a full-time student at one point during the semester."

For those who are planning on pursuing college work beyond the A.A. degree, EOPS provides an educational program for students who have limited time to pursue their education. If that is the case, then they may specialize in a particular area that is employment oriented. Classes like advertising, design, finance, and public service are just a few of the many programs in which a student may obtain a certificate for a specific job.

Though EOPS students are provided with many services, they also have responsibilities they are required to do.

They should see an EOPS counselor at least once a semester, and if their grade point average falls below 2.0, they should have additional counseling.

Gipson suggests the student, with the help of EOPS, become involved in student government or participate in school activities, like joining a club.


Giving students a helping hand
Extended Opportunity Programs and Services (EOPS) and Cooperative Education are two of Valley's services aimed at students who need an extra hand or are looking for career guidance.

Cooperative education

Credits earned by job holders

By JENNIFER KONZE, View Editor

Earning money while learning is an objective that most students would jump at. However, most students are not aware that Valley offers this opportunity.

Cooperative Education, also referred to as work experience, offers up to four transferable units of credit for students who are carrying at least a three-unit class and have a job related to their declared major or a related field, according to Dr. Lynn D. Lomen, department chairman of cooperative education.

> ". . . most students who enter cooperative education are heading towards management and supervisorial positions."

The program, which was started in 1972, is geared to educate the student/employee on resume writing, communication skills, management skills, and general tips on how to be a better employee.

According to Lomen, there are over 250 students enrolled in this semester's class. He also said that enrollment in the program is down from last semester.

The main problem, according to Lomen, is that students are not aware of the program's existence.

"The students who are going to college desire upward mobility," said Lomen. "About 90 percent of our cooperative education students are going to be where challenges are."

He also added that most students who enter cooperative education are heading towards management and supervisorial positions.

Those who enroll in the program will receive a letter grade. Lomen said that the class looks good on a resume and may also bring up a student's grade point average.

Although the main thrust for getting students to enroll is the opportunity to make money while learning, the program is not limited to those who are earning money for their work. Volunteer workers may also enroll in the class and receive credit.

Those enrolling must have at least seven units total, including the cooperative education class, at Valley.

Students are required to attend a one-hour "control class" one day a week that covers information that may be valuable in success in the chosen career.

The final grade is determined by the instructor-employer, and credits are set up by the number of hours that the student works weekly.

> "The main problem, according to Lomen, is that students are not aware of the program's existence."

Those who work five to nine hours a week are eligible to receive one unit, 10 to 14 hours receive two units, 15 to 19 hours receive three units, and 20 or more hours receive the maximum of four units.

Although enrollment is now closed for the fall semester, applications for the spring semester may be obtained at the Cooperative Education table at registration.

> ". . . the program is not limited to those who are earning money for their work. Volunteers may also enroll."

For further information and assistance, stop by the Coop. Ed. Office, located in the Cafeteria Building, Room 100.

Lomen theorized that, "You might as well get your money's worth. If you're going to pay for enrollment, you might as well get something out of it."

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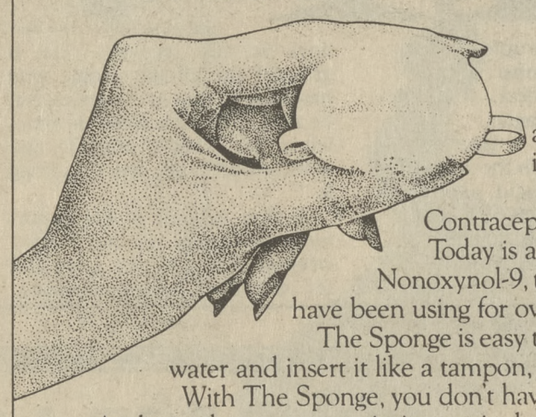

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Short week for polo, volleyball

By DAVID FROST, Assoc. Opinion Editor

Monarchs, Monarchs everywhere, but not a Cougar in sight.

This was the situation last Friday, when both the women's volleyball team and the men's water polo team were scheduled to face the Cougars of the College of the Canyons.

Instead of competition, the Monarchs had to settle for another day of practices. The Cougars, due to their loss of both athletic programs, were unable to compete.

As a result, both Valley teams were left with only last Tuesday's games to evaluate their week's performances.

The women were delighted; the men were not.

The happiness of the women's volleyball team stems from their victory over Harbor College. The men's disappointment is a result of their defeat at the hands of their cross town rival, Pierce College.

Valley's volleyball game against host Harbor College gave the Monarchs their second win of the season.

The Monarchs swept Harbor in three straight games, 15-8, 15-9, 15-4.

This victory boosts the Monarchs to a 2-6 conference record, with an overall record of 2-8.

According to O'Connell, strong serving by Sheila McDermott and Devorah Fox allowed her team to come out on top. Motivation on the part of her players, she said, gave them the competitive edge.

"I believe that they (Harbor) were about equal to us in ability," said O'Connell. "What made the difference was our positive attitude toward the game. We wanted to keep things flowing and come out with a victory."

Things may have been flowing well for the women's volleyball team, but the men's water polo team found themselves swimming against the flow, as they battled upstream against the Pierce College Brahmas.

Though the Monarchs had already beaten the Brahmas earlier this season, they were treated to a sound bullying this time, and came out behind, 14-11.

Victory easy for running Monarchs

By HOLLY ETHRIDGE, Assoc. Sports Editor

Once again the Valley Monarchs cross country team has proven they are not to be taken lightly.

At last Friday's Mt. San Antonio (Mt. SAC) Invitational meet, Benito Cruz proved himself to be world class material when he took first place by eight seconds against a field of 100 athletes.

Tom Wilkinson also placed a respectable 13th in the men's division.

In the women's division Gretchen Lohr placed second by beating 100 opponents.

Their next meet is Friday, Oct. 26 at Valley against L.A. Southwest College.

Even though track season does not start for another four months, Valley's men's track team was able to give some insight about how tough they will be in March.

They participated at the Mt. Sac Invitational in a relay race. The race consisted of teams of five members who each ran eight 200 meter legs.

Running for the Monarch's first team were Emmet Gaines, Darin Smith, Donald Young, Alvin Thomas, and Robert Dangcil. They won this grueling race by almost 50 meters.

Valley's second team of Mark Gutierrez, Raymond Brooks, Dwayne Lloyd, Victor Whitaker and Thomas Blair placed fifth.

The cross country team and the track team were again busy Saturday morning, running in a jog-a-thon. The event was held to raise money for an $80,000 synthetic track at Valley. The Los Angeles Olympic Committee has agreed to double the amount raised by the teams.

STEVE PETERS / Valley Star

CANNON-BALL RUN—Monarch running back Clifford Cannon (26) blasts downfield for another impressive gain. Cannon racked up 120 yards in 12 carries and 3 receptions in Saturday night's shut out of the East L.A. Huskies. The win brought Valley to a 4-1 overall record, and 1-0 in So. Cal. Conference play.

Lloyd, Cannon outrun Huskies

By STEVE FOUNTAIN, Staff Writer

Valley's defense once again dominated its opponent as the Monarchs won their league opener 28-0 over the East L.A. College Huskies.

The defensive unit, working under defensive coordinator Bob Meyers, had two touchdowns, two sacks, an interception, and a fumble recovery, while allowing ELAC only 76 yards of total offense.

Both Monarch defensive touchdowns came in the second half. After only 57 seconds of third quarter play, Huskie quarterback Mark Madrid fumbled the ball near his own goal line while trying to escape a heavy Monarch rush from Alain Greer, Paul Wilson, and Kelvin Harden.

The ball bounced into the end zone, where linebacker Clay Orrison fell on it for a Valley touchdown.

The second defensive touchdown came early in the fourth quarter when Valley linebacker Anthony Thompson picked off a pass from the Huskies' replacement quarterback, Ray Williams, and ran the ball 36 yards for an easy six.

The Monarch defense held ELAC's quarterbacks to four completions in 10 attempts for a total of only 26 yards. The Huskie rushing game didn't fare much better, gaining only 50 yards on 30 carries.

ELAC had only two first downs the entire game.

Head coach Chuck Ferrero said, "It was an outstanding effort."

Orrison captured Conference Defensive Player of the Week honors for his performance in the game. In the past six weeks, Valley players have won the honor four times, with Orrison named twice. Paul Wilson and Kelvin Harden were each named once.

"We didn't dump the ball off on the full blitzes," said Ferrero when asked about the sacks.

"We had the men open, but we just didn't get the ball to them."

Starting Monarch quarterback John Laufenberg had an excellent outing, leading the team to both of its scoring drives. He completed 17 of 23 passes for 200 yards and one touchdown.

Second-string quarterback Ron Wilson, seeing action after four weeks on the bench, managed three completions in 13 attempts for 64 yards. He seemed to have trouble picking up ELAC's blitzes and was sacked three times.

Valley scored on its first possession, taking the ball 67 yards in seven plays. The drive was capped with a six yard run by Fredrick Lloyd, who led Monarch rushers with 85 yards in 11 carries.

Wide receiver Mike Salerno led Monarch receivers with 121 yards in nine catches.

Demetrium Burton also had an impressive game with 68 yards in four receptions, including one catch for 42 yards.

Monarch running back Clifford Cannon, the hero of last week's game, continued to make himself known, scrambling for 76 yards in 12 carries and gaining an additional 44 yards on three passes from Laufenberg.

The Monarchs, currently ranked 13th in the state, will have one more chance to work out the kinks in their offense before hitting the heart of their league schedule as they play winless L.A. City College this Saturday at City. The game begins at 7:30 p.m.

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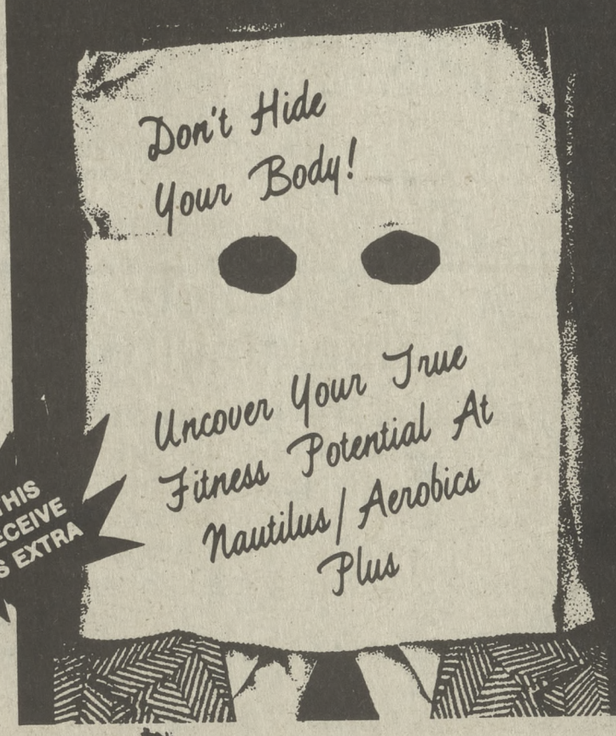

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Governor vetoes matriculation bill

By JENNIFER KONZE, View Editor

A bill that would have given California's community colleges $10 million to use for testing incoming college students was vetoed by Governor George Deukmejian and declared premature.

The matriculation bill would have enabled community colleges to set up testing and counseling of their incoming students, a program based upon the Los Angeles Community College District's (LACCD) Project ACCESS, according to Norm Schneider, director of communication services for LACCD.

Deukmejian's decision was somewhat unexpected as the majority of the community college officials, including David Kieffer, president of the board of governors of the community colleges, who was "surprised and confused" by the governor's veto.

The $10 million that the community colleges did not obtain would have set up several ACCESS programs in the state's community colleges.

"Everybody was very hopeful that the bill would have been signed to provide that source of money as well as expanding the program throughout the state," said Schneider.

"What it would have been was a pilot program. Harbor was one of 15 colleges in the state to be among the initial colleges in the pilot program," said Schneider.

The pilot program, although modeled after the ACCESS program, would have been a more in-depth matriculation program, according to Dr. Mary Lee, president of Valley College.

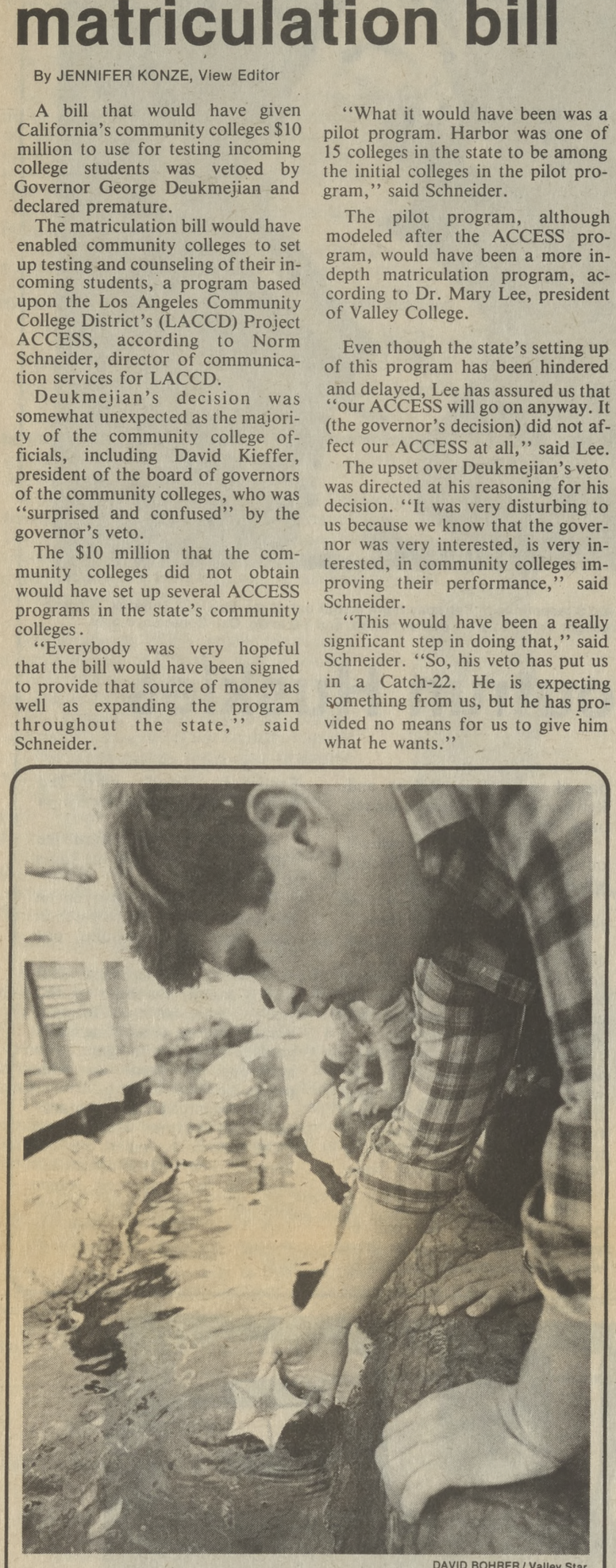
Even though the state's setting up of this program has been hindered and delayed, Lee has assured us that "our ACCESS will go on anyway. It (the governor's decision) did not affect our ACCESS at all," said Lee.

The upset over Deukmejian's veto was directed at his reasoning for his decision. "It was very disturbing to us because we know that the governor was very interested, is very interested, in community colleges improving their performance," said Schneider.

"This would have been a really significant step in doing that," said Schneider. "So, his veto has put us in a Catch-22. He is expecting something from us, but he has provided no means for us to give him what he wants."

DENISE MORGAN / Valley Star

BONAFIDE—Skeletons lie in wait in the Life Science Building. Normally they are used for study, but as Halloween approaches—who knows *what* could happen!



DAVID BOHRER / Valley Star

STAR GAZING—Valley student Ralph Hopp examines marine life in the "touch tank" of the Cabrillo Marine Museum. The visit was part of a recent Oceanography 2 field trip.

Caution urged in blood labs

By FRANN BART, Opinion Editor

Concern over the possible transmittal of Acquired Immune Deficiency Syndrome (AIDS) in student blood labs prompted Valley's Life Science Department to meet recently.

David Dixon, professor of biology and chairman of the department, brought up the issue for the first time to communicate to faculty members that "in human blood, there is a danger from AIDS."

Classes such as physiology and anatomy have labs in which students take small blood samples from themselves to study on slides under a microscope.

Although Dixon said there have been no reported cases of AIDS from this practice thus far, he stressed that the "potential is there."

Singled out for particular concern were lab technicians, who have more opportunity for contact with the disease through their handling and cleaning of instruments.

Dixon called the meeting "a stalemate." Instructors were given the option of either continuing to use human blood or using animal blood instead.

"We didn't say, 'you can't do it.' We're not imposing any dicta," Dixon said. There was "considerable resistance" to the idea of changing over from human blood, he added. "One or two instructors said there was nothing like human blood, and some insisted on teaching the way they want."

One instructor, however, has opted for dog blood and Dixon said he expected some others to go with sheep blood, both of which he said would suffice in place of human blood.

Blood labs, he said, have always presented a routine danger of hepatitis or other diseased organism transmittal, but "AIDS is always fatal."

"We want it on record we don't want body fluids smeared around," he said. So far, there has been no such anxieties voiced by lab students on the issue, but Dixon said that many do not realize that someone may pick up an AIDS organism.

AIDS may not only be transmitted by sexual contact, but also by an open cut anywhere on the body.

Currently, technicians are asking that human blood slides be immediately thrown into a trash bag after use to minimize the chances of contact, he explained.

Some classes, Dixon said, use prepared slides in which students do not have any contact with blood.

"I'm sure the issue is wide open," he said. "It's difficult to prove AIDS is transmitted in a lab. Everything in the lab should be carefully controlled. If we're very careful, someone can't turn around and say 'hey, I got it at Valley.'

"Concern for the students and technicians is valid. We shouldn't take chances. It's lethal."

Dixon said individual faculty members are still deciding whether or not to use human blood in their labs, and that figures are not available yet.

Lottery debate tonight

The controversial California lottery initiative will be the subject of a debate tonight at 7:30 in Monarch Hall.

Speaking for Proposition 37 will be L.A. City School Board member Roberta Weintraub.

The opposing view will be expressed by John Greenwood, president of that board.

Daily News Editor-in-Chief Tim Kelley will moderate the debate, and questions will be posed by four local political reporters.

Members of the audience will also be able to submit written questions to Weintraub and Greenwood.

The lottery proposition has generated heated controversy in the past few months.

Those favoring the initiative, which will require a state constitutional amendment, claim that the proceeds from a state-run lottery will bail out California's fiscally strapped educational system.

They say that hundreds of millions of dollars will be generated by the plan, and the profits will, by law, be given to the state's schools.

Opponents of the lottery say that there is no guarantee that the schools will be any better off with lottery profits, because there is no reason that school funding from current sources would then be diverted elsewhere.

Those opposed to the initiative also contend that a lottery will open the door to organized crime in the state.

There will be no charge for admission to the debate.

News Notes

MAIL-REGISTRATION

Mail-in registration forms have gone out to all Fall '84 students, and all returning students are urged to complete these forms and return them either by mail or in person to the admissions office no later than Nov. 16.

Students who do not receive their mail-in forms by Nov. 1 should go to the admissions office and inquire as to whether theirs have been returned to the school.

All students are urged to participate in the main-in registration to save themselves time and effort.

MUSIC RECITAL

Violinist Jolianne Einem will perform today at 11 a.m. in the Music Recital Hall.

PATRONS SCHOLARSHIPS

The Patrons Association is accepting applications for its Fall '84 scholarships. Applicants must show financial need, have a program of at least 12 units (except nursing students who will be eligible with a 9.5 unit program), and have a 2.0 GPA. Applications can be obtained in the Financial Aid Office, CC100. Deadline is Oct. 19.

LEGAL COUNSELING

If you are an ASU member, free legal counseling is available. For more information, call extention 243.

ASSEMBLYMAN VISIT

State Assemblyman Tom Bane will discuss matters of politics and government today at the College Democrats booth at Club Day.

PLACEMENT TESTS

Placement test appointments for English and Computer Science classes are now available at the West Counter of the adminissions office.

Pageantry to prevail at Elizabethan Feast

By LAURA TANIS, Assoc. View Editor

"The time is nigh" for the fourth annual Elizabethan Yuletide (Christmastime) Feast, and due to popular demand, one of two performances has already been sold out.

The Yuletide feast, presented by Valley's Chamber Chorale and Concert Choir, "is a celebration of Christmas as it was in the Elizabethan Era, roughly in 1550, during Shakespeare's time," said George Attarian, professor of music.

Entertainment will consist of madrigal songs (songs in which two or more voices sing separate melodies blended as a single lyric), Renaissance music, dances, jugglers, instrumentalists, a magician, script dialogue, and costuming of the Elizabethan era to complete the pageantry.

"It is an event to which people can come in costume if they want," Attarian said.

The menu for the feast, which Attarian has been planning since the fall semester began, will include wassail, fresh fruit, relishes, beef ribs, chicken, vegetables, Christmas dessert, and beverages,

This year's Yuletide Feast will be different from the others in the past, Attarian said.

"We're going to try to incorporate some of the people who will be there into at least one dance. We're also adding a magician. That plus the music that we have chosen should make these two evening performances a lot of fun," he said.

The Chamber Chorale and the Concert Choir have done everything from planning the dinner, having it catered, and taking care of the seating, costumes, decorations, and ticket sales.

Attarian said that it takes about two months to practice script dialogue, dancing, and the music for the pageant.

The Annual Elizabethan Yuletide Feast will be given on Thursday and Friday, Dec. 6 and 7, in Monarch Hall.

The cost of the complete dinner and performance is $18.

All seats are reserved and the deadline for reservations is Dec. 1.

In previous years, the feast has been sold out one month in advance. Only 150 seats are available per performance.

"We only started selling tickets about a week ago and we're already sold out for Friday, Dec. 7," said Attarian. "We have tickets available for Thursday night's performance only."

"People have sent us money and ordered tickets before we even started, so we put them on waiting lists. I hope that many students will attend," he said.

Reservations may be made by calling LAVC Music Department, (818) 781-1200 ext. 346, or sending a check, made payable to LAVC Choral Council, and a self-addressed, stamped envelope to George Attarian, LAVC Music Department, 5800 Fulton Ave., Van Nuys, CA 91401.

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